



## Unlocking Compassion Satisfaction Through the Eat Pray Love Tour

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## Session Outcomes


- Understand the role of compassion satisfaction in unlocking professional drive
- Employ one intervention to increase and sustain compassion satisfaction
- Identify one coaching strategy to use to enhance a client's capacity to change and address their own needs



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## Disclosure: "Eat, Pray, Love"

This program was inspired by the work of Elizabeth Gilbert, author of "Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia." Elements of the presentation directly from Gilbert's book have been properly cited. The presenters have not been incentivized or commercially supported, nor are they intentionally promoting Gilbert's work.




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## Conflict of Interest/Disclosure Statement

The Presenters for Unlocking Compassion Satisfaction through the Eat, Pray, Love, Tour report:

- No conflicts of interest
- No commercial support
- Non-endorsement of products
- No off-label product use



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## Speaker Introductions



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## Finding Joy At Work

DEFINING COMPASSION SATISFACTION AND WHY THIS MATTERS TO YOU



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Welcome to the Journey

- Eat
- Pray
- Love
- Hacks
- Coaches
- Passport

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Compassion Satisfaction

- Pleasure and satisfying feeling that comes from helping others
- Antidote to Compassion Fatigue

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Spark Joy  
~  
Deliberate Joy

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Why Joy?

- Tackling burnout is necessary
- But it is not sufficient
- The goal is to create joy
- But it's a tough path
- It's a journey

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“ What shit sandwich do you want to eat? Because eventually, we all get served one. ”

— MARK MANSON

The Shit Sandwich

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Wave a magic wand and let these responsibilities disappear (even if just for a little while) so, we may work on ourselves

- JOY is not denying the challenges
- Many are working on burnout in the context of health care
- Creating Workforce Joy and Well-Being (March 8, 2023)
- National Plan for Health Workforce Well-Being (2022).
- Building a Thriving Health Workforce (2022)

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### The Stress Bucket

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### Release Valves

Nurture	The emotional self	The financial self	The humorous self
The loving self	The nutritious self	The physical self	The playful self
The recreation self	The relaxation/stress reduction self	The solitary self	The spiritual or religious self

Skovholt & Trotter-Mathison, 2016

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### HACK # 1: JOY Hormones

- Check lists
- Affirmations/Gratitude
- Be Social/handshakes/Hugs
- Aromatherapy
- Music
- Gifting/Charity
- Laugh
- Light
- Exercise
- Meditation

SAGE journals

Article - Managing Emotion Through Neuroscience  
**Happy Hormones at Work: Applying the Learnings from Neuroscience to Improve and Sustain Workplace Happiness**  
 Sambit Kumar Ghosh<sup>1,2</sup>

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### The Joy Bucket

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### How will we know when we have joy in work?

- 😊 Gratitude
- ♥ Hope
- 👁️ Awareness of abundance
- 🤝 Deep satisfaction from serving others

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### Why Joy?

- The one thing that dramatically affects your work that has nothing to do with your job

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## Grab your Passport

# PASSPORT

## Samaritan

LIFE-ENHANCING CARE

to

### Joy and Compassion

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## The Spirit of Adventure

YOUR PASSPORT TO REVITALIZING YOUR LIFE

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### Hack #2: The Labyrinth

- A meandering singular path leading to a center
- Ancient archetype dating back 4,000 years
- Labyrinths evoke metaphor, sacred geometry & mindfulness

Annual World Labyrinth Day: Saturday, May 4, 2024

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### Self Audit/Assessment

“What are you willing to risk or change in order to find a sense of freedom, joy, & reanimation?”\*

- Who am I?
- Who does my life belong to?
- What is my relationship to divinity?
- What have I come here to do?
- Do I have the right to change my own path?
- With whom do I want to share my path-if, anyone?
- Do I have the right to experience pleasure and peace?
- If so, what would bring me pleasure and peace?

\* Gilbert, 2016, p. xxi

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### Coaching Technique

- SELF-coaching
- Powerful open-ended questions
- Listen for Insight
- How will you know where to go if you don't know where you are?

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### Are you PERMALicious?

- Pleasant Emotions
- Engagement
- Relationships
- Meaning
- Achievement
- OTHER: Behavior/Health: nutrition, sleep, hydration, exercise

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**Cultural Shift**

- Permission to live
- Beyond happy & sad
- Life is an "AND"
- Deliberate Choice
- Choose JOY



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**STEP ONE: PICK YOUR DESTINATION**

**Step One: Pick Your Destination**

- What are you curious about?  
\_\_\_\_\_
- What part of your life would you like to expand and explore?  
\_\_\_\_\_  
\_\_\_\_\_
- Where do you feel most alive?  
\_\_\_\_\_  
\_\_\_\_\_

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**STEP TWO: CREATE THE ITINERARY**

**Step Two: Create Your Itinerary**


- How will you get to your destination?  
\_\_\_\_\_  
\_\_\_\_\_
- How long will you stay?  
\_\_\_\_\_  
\_\_\_\_\_
- What will you do when you get there?  
\_\_\_\_\_  
\_\_\_\_\_

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**Step Three: Travel**

- Block time off on your calendar
- Buy your tickets and pack your bags
- How will you be accountable to yourself?



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**Vow to Self**

\_\_\_\_\_

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**Traveler's Insurance**



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## Evaluation

- Are you the same?
- Do you have the same issues?
- How are you currently interacting with your problem?

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## Case Studies

INSIDE THE LIFE OF ELIZABETH GILBERT AND JERSEY GIRL

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## Gilbert

- A distraught protagonist who redesigns her life by exploring three aspects of herself, pleasure, devotion, and balance, in three magical places: Italy, India, and Bali

### THIS IS YOU

Name: Elizabeth Gilbert

Nickname (or preferred name): Liz

Favorite part of your job? Traveling

Based on your state of mind, how old are you? Thirty-four

What color do you love to wear? Yellow & Orange

What is "your word"? antevasin

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## Rumi

- The great Sufi poet advised his students to write down three things they most wanted in life

### BUILD YOUR ITINERARY Hacks

Where?	How?
Italy India Indonesia	Submerge into the culture
What?	When?
Pleasure Devotion Balance	4 months in each country

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## Jersey Girl

- A healthcare worker, seeking more JOY in her daily life, applies a few HACKS to find freedom, devotion, and presence

### THIS IS YOU

Name: Jersey Girl

Nickname (or preferred name): Donut

Favorite part of your job? Creating

Based on your state of mind, how old are you? Twenty-eight

What color do you love to wear? Pink

What is "your word"? Goldfinch

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## Assessment

The Community of St. John Baptist in Mendham's labyrinth was designed by Interweave in 2000, based on Chartres.  
COURTESY OF SISTER MONICA CLARE, COMMUNITY OF ST. JOHN BAPTIST

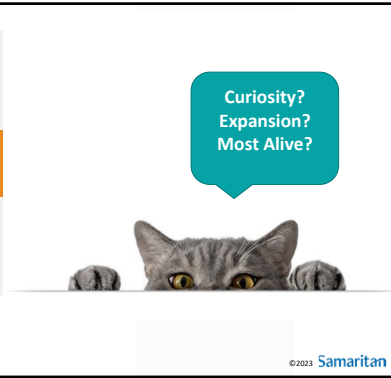
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**Step One**

- Freedom
- Devotion
- Presence

Curiosity?  
Expansion?  
Most Alive?



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**Hack #3 The Open Road**




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**Hack #4 Home Grown Devotion**

- Use what you already know, but sink deeper
- What we explore initially may not be what we find



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**Hack #5 "Om Namah Shivaya"**

- *na, mah, shi, vaa, y*
- I honor the divinity within me
- *Nectar for the Soul*
- A HACK for getting better sleep



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**Hack #6 For everything there is a season**

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**Evaluation**


- Excited about what may happen next
- Connected with a couple who will be our travel partners
- Enhanced relationships
- Better Sleep
- Anticipating a great harvest



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Do not be dismayed by the brokenness of the world.  
 All things break.  
 And all things can be mended.  
 Not with time, as they say, but with intention.  
 So, go.  
 Love intentionally, extravagantly, unconditionally.  
 The broken world waits ... for the light that is you.  
 ~ L.R. Knost



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Your Adventure Awaits



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## Resources

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